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Bodybuilding & Aerobics for Olympic Weightlifting & Wrestling

Sets, Repetitions, and Duration Guidelines

Bodybuilding for Strength and Muscle Endurance

For both Olympic weightlifting and wrestling, bodybuilding-style training can help build muscle endurance and address muscular imbalances:

- **Reps per Set:** 8–15 reps is generally recommended for wrestlers to improve muscle quality and endurance while minimizing injury risk[1] [2].
- **Sets per Exercise:** 3–4 sets per movement is typical[3] [1].
- **Duration:** 45–75 minutes per session, depending on total volume and rest periods.

Strength and Power Training

Olympic lifts and compound movements are crucial for building explosive power and functional strength:

- **Olympic Lifts (Snatch, Clean & Jerk):** 3–5 sets of 3–5 reps at moderate to high intensity (70–90% 1RM), focusing on technique and explosiveness[3] [4] [5].
- **Accessory Strength Movements (Squats, Presses, Pulls):** 3–5 sets of 5–8 reps for strength; 8–12 reps for hypertrophy or endurance[3] [6] [5].
- **Plyometrics:** 40 jumps per session (e.g., 4 sets of 10 reps for box jumps or bounding) to boost explosiveness[7].

Aerobic and Conditioning Work

Aerobic and interval training are vital for wrestling and beneficial for recovery in weightlifting:

- **Long, Steady-State Cardio:** 20–40 minutes of jogging, swimming, or cycling to build aerobic base[3] [8].
- **Interval Training/HIIT:** 10–20 minutes, alternating 30–60 seconds of high intensity with 60–90 seconds of rest, 1–2 times per week[3].
- **In-Season:** Shorter, lighter sessions (15–30 minutes) to maintain conditioning without overtraining[3].

Weekly Structure Example

- **Strength/Power:** 2–4 sessions per week (full-body or upper/lower split)
- **Bodybuilding/Hypertrophy:** 1–2 sessions per week (higher reps, accessory focus)
- **Aerobic/Conditioning:** 2–3 sessions per week, adjusted for season and recovery needs

Summary Table

Training Type	Sets	Reps	Duration/Notes
Bodybuilding	3–4	8–15	45–75 min/session
Strength/Power	3–5	3–8	Focus on compound/Olympic lifts
Plyometrics	4 (e.g., jumps)	10	40 jumps/session
Aerobic/Cardio	–	–	20–40 min (steady), 10–20 min (HIIT)

This balanced approach supports both the explosive power needed for Olympic weightlifting and the endurance, strength, and resilience required for Olympic wrestling[3] [1] [2] [4] [5].

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1. https://clinchgear.com/blogs/news/weight-training-for-wrestlers-dispelling-myths-finding-balance
2. https://www.garagestrength.com/blogs/news/bodybuilding-for-wrestling
3. https://www.hamptonfit.com/blog/workouts/weight-training-for-wrestlers-hamptons-guide-for-on-and-off-season-workouts/
4. https://www.strengthlog.com/advanced-olympic-weightlifting-program/
5. https://www.trainheroic.com/blog/olympic-weightlifting-program/
6. https://www.youtube.com/watch?v=ouFLzh_MhEk
7. https://www.westside-barbell.com/blogs/the-blog/wrestling-strength-training
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